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|  | **Title** | **Section, Sub-Section** |
| 1 | Gerhardt, S., (2004). **Why Love Matters**. Routledge | Self Knowledge, Personal Narrative |
| 2 | Greenfield, S., (2000). The **Private Life of the Brain**. Penguin | Self Knowledge, Personal Narrative |
| 3 | Perry, P., (2012). **How to Stay Sane. Macmillan**. | Self Knowledge, Personal Narrative |
| 4 | Steiner, C., (1974). **Scripts People Live. Grove Press** | Self Knowledge, Personal Narrative |
| 5 | Steiner, C., (2003) Emotional Literacy: Intelligence with a Heart | Self Knowledge, Personal Narrative |
| 6 | Batten, S. J., (2011). **Essentials of Acceptance and Commitment Ther­apy**. Sage: London. | Self-Knowledge, Meaning & Values |
| 7 | Booker, C., (2004). **The Seven Basic Plots**. Continuum. | Self-Knowledge, Meaning & Values |
| 8 | Carr, A., (2011). **Positive Psychology**. Routledge | Self-Knowledge, Meaning & Values |
| 9 | Dilts, R. & Gilligan, S., (2009). **The Hero’s Journey**. Crown House Pub­lishing. | Self-Knowledge, Meaning & Values |
| 10 | O’Connor, J., (2001). **NLP Workbook**. Element | Self-Knowledge, Meaning & Values |
| 11 | Frankl, V., (1946). **Man’s Search for Meaning**. Random House | Self-Knowledge, Meaning & Values |
| 12 | Harris, R., (2009). **ACT Made Simple: A Quick Start Guide to ACT Basics and Beyond**. Oakland, CA: New Harbinger Publications Inc | Self-Knowledge, Meaning & ValuesMoods, Emotional Thinking |
| 13 | Cain, S., (2012). **Quiet – The Power of Introverts in a World That Can’t Stop Talking**. Penguin. | Self-Knowledge, Personality |
| 14 | Chammorro-Premuzic, T., (2011). **Personality and Individual Differ­ences**. BPS Blackwell. | Self-Knowledge, Personality |
| 15 | Pendleton, D. & Furnham, A., (2012). **Leadership – All You Need to Know**. Palgrave Macmillan. | Self-Knowledge, Personality |
| 16 | Holloway, J., (2014, 2nd ed). **Personal Branding for Brits**. Spark Ltd. | Self-Knowledge, Reputation |
| 17 | Larkin, P., (2014). **Collected Poems**. Faber and Faber | Pressure, Life Positions |

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| 18 | Harris, T., (1967). **I’m OK, You’re OK**. Arrow Books | Pressure, Life Positions |
| 19 | Lapworth, P. & Sills, C., (2011). **An Introduction to Transactional Analysis**. Sage | Pressure, Life Positions |
| 20 | Stewart, I. & Joines, V., (1987). **TA Today**. Lifespace Publishing | Pressure, Life PositionsRelationships, Strokes and Transactions |
| 21 | Joines, V. & Stewart, I., (2002). **Personality Adaptations**. Lifespace Publishing | Pressure, Drivers |
| 22 | Branch, R. & Wilson, R., (2010). **Cognitive Behavioural Therapy for Dummies**. | Pressure, Rules for Living |

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| 23 | Prochaska, J. O., Norcross, J., & DiClemente, C. C., (1994). **Changing for Good**. Collins | Pressure, Rules for Living |
| 24 | Rock, D., (2009).**Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long**. Harper Business | Relationships, SCARF |
| 25 | Miller, W. R. & Rollnick, S., (2002). **Motivational Interviewing: Preparing People for Change (2nd edition)**. Guilford Press: London | Relationships, Relationship Fundamentals |
| 26 | Lapworth, P. & Sills, C., (2011). An **Introduction to Transactional Analysis**. Sage. | Relationships, Strokes and Transactions |
| 27 | Mountain, A. & Davidson, C., (2011). **Working Together**. Gower | Relationships, Strokes and Transactions |
| 28 | Bowlby, J., (2005). **The Making and Breaking of Affectional Bonds**. Oxon: Routledge Classics | Relationships, Attachments |
| 29 | De Botton, A., (2004). **Status Anxiety**. Penguin | Relationships, Attachments |
| 30 | Fox, K., (2004). **Watching the English**. Hodder & Stoughton | Relationships, Attachments |
| 31 | **Diagnostic and Statistical Manual of Mental Disorders** (DSM-5) (2014). American Psychiatric Association | Relationships, Toxic Bosses |
| 32 | Babiak, D., & Hare, R., (2006). **Snakes in Suits**. Harper | Relationships, Toxic Bosses |
| 33 | Berne, E., (1964). **Games People Play**. Grove Press | Relationships, Toxic Bosses |
| 34 | Dutton, K., (2012). **The Wisdom of Psychopaths**. Heinemann | Relationships, Toxic Bosses |
| 35 | James, O., (2013). **Office Politics.** Vermilion | Relationships, Toxic Bosses |
| 36 | McGrath, H. & Edwards, H., (2009). **Difficult Personalities**. Penguin | Relationships, Toxic Bosses |
| 37 | Briers, S., (2012). **Brilliant Cognitive Behavioural Therapy: How to use CBT to improve your mind and your life**. Pearson | Relationships, Repairing Relationships |
| 38 | Westbrook, D., Kennerley, H. & Kirk, J., (2007). **An Introduction to CBT: Skills and Applications.** Sage Publications | Relationships, Repairing Relationships |
| 39 | Satir, V., (1991). **Virginia Satir: Foundational Ideas**. Binghamton: Taylor & Francis Inc | Relationships, Repairing Relationships |
| 40 | Batten, S. J., (2011). **Essentials of Acceptance and Commitment Ther­apy**. Sage: London | Moods, Emotional Thinking |
| 41 | Fennell, M. J. V., (2009). **Overcoming Low Self-Esteem: A Self-Help Guide Using Cognitive Behavioural Techniques**. Robinson | Moods, Emotional Thinking |
| 42 | Beck, A. T., (1976). **Cognitive Therapy and the Emotional Disorders**. International Universities Press | Moods, Emotional Thinking |
| 43 | Beck, A. T., Greenberger, D. & Padesky, C. A., (1995). **Mind Over Mood: Change How You Feel by Changing the Way You Think**. Guilford Press | Moods, Emotional Thinking |
| 44 | Burns, D. D., (1999). **The Feeling Good Handbook**. New York, NY: Plume. | Moods, Emotional Thinking |
| 45 | Joseph, A. & Chapman, M., (2013). **Visual CBT**. Capstone | Moods, Emotional Thinking |
| 46 | Peters, S., (2011). **The Chimp Paradox**. Vermilion | Moods, Emotional Thinking |
| 47 | Westbrook, D., Kennerley, H. & Kirk, J., (2007). **An Introduction to Cog­nitive Behaviour Therapy: Skills and Applications**. Sage | Moods, Emotional Thinking |
| 48 | Layard, R., (2005). **Happiness – Lessons from a New Science**. Penguin | Moods, Happiness |
| 49 | Nelson, P., (1993). **There’s a Hole in My Sidewalk: The Romance of Self-Discovery**. Beyond Words Publishing Inc | Moods, Happiness |
| 50 | Ricard, M., (2003). **Happiness**. Altantic Books | Moods, Happiness |
| 51 | Tolle, E., (1999). **The Power of Now**. New World Library | Moods, Mindfulness |
| 52 | Tolle, E., (2005). **A New Earth**. Penguin | Moods, Mindfulness |
| 53 | Halliwell, E. & Heaversedge, J., (2012). **The Mindful Manifesto – How doing less and noticing more can help us thrive in a stressed-out world.** Hay House. | Moods, Mindfulness |
| 54 | Kabat-Zin, J., (2004). **Wherever You Go, There You Are – Mindfulness Meditation in Everyday Life**. Piatkus | Moods, Mindfulness |
| 55 | Williams, M. & Penman, D., (2011). **Mindfulness: A Practical Guide to Finding Peace in a Frantic World**. Piatkus | Moods, Mindfulness |
| 56 | Ricard, M., (2008). **The Art of Meditation**. Atlantic Books | Moods, Meditation |
| 57 | Jones, G., (2009). **Thriving on Pressure**. Easton Studio Press | Moods, Resilience |
| 58 | Webb, L., (2013). **Resilience**. Capstone | Moods, Resilience |
| 59 | Dexter, J., Dexter, G., & Irving, J., (2011). **An Introduction to Coaching**. London: Sage Publications. | Getting Help and Support |
| 60 | Kline, N., (1999). **Time to Think**. Octopus Publishing | Getting Help and Support |
| 61 | Whitmore, J., (1992). **Coaching for Performance**. Nicholas Brealey | Getting Help and Support |
| 62 | Star, J., (2008). **The Coaching Manual**. Perason – Prentice Hall | Getting Help and Support |